

GENERAL

1. Why does the team need to hold evaluations for new swimmers?

For the safety of all swimmers and fairness to the entire team we need to know that every swimmer on the team can complete a minimum distance swim without stopping. For the 8U group we require that swimmers be able to swim 25 yards (1 length of the pool) with a freestyle stroke incorporating rotary breathing. For swimmers 9 and over the minimum length requirement is 50 yards.

PRACTICES

1. How many practices are scheduled per week and when are they held?

Practices are held at the Newtown High School pool and can be scheduled for any weeknight. Because we work around the needs of the High School swim teams and the school calendar we don't have a fixed weekly schedule. Typically Junior swimmers (Ages 10 and under) are scheduled from 5:00 to 6:00, and Seniors from 5:45 to 7:00.

2. Are practices mandatory and how many are recommended per week?

It is recommended that Junior swimmers try to attend 3 practices per week and Seniors 4. There is no requirement to attend specific practices.

3. What do practice sessions consist of?

A typical practice session runs through the following sequence:

- Warm-up swim
- Kick/Drill sets
- Main Set
- Starts/Turns
- Warm-Down
- Stretching

Senior swimmers will also have a dryland strength training component

4. Can Parents Observe practices?

Parents can watch practice from the balcony. Siblings of swimmers MUST stay in the balcony area supervised by their parent. NO children are allowed in the school hallways, gymnasiums, etc.

5. Can I have my swimmer(s) attend a different age-group practice if I have a scheduling conflict on a particular evening?

No. Swimmers must practice in their designated time slots.

6. What equipment do swimmers need for the season?

First off, goggles are a must! The team will be selling goggles the first few weeks of practice. With the exception of swimmers with very short hair swim caps are also required.

A team suit sale is held every year sometime in October. The team suit is not required for meets, but it does help swimmers feel like part of the team. It is recommended that swimmers have suits just for practice and wear the team suit only to meets. Girls practice and compete in racing suits and boys wear jammer style of suits.

MEETS

1. Where are meets held?

We have both home and away meets with other clubs in the Yankee League in the towns of Bristol, Watertown, Plainville, Southbury, Naugatuck, West Haven, New Milford, and Oxford.

2. How long do dual-meets last?

Dual Meets can last from 4 to 5 hours.

3. How many events do swimmers compete in?

Swimmers may be placed in a maximum of 4 events; 2 individual and 2 relay, or 3 individual and 1 relay. We can't always guarantee that a swimmer will be placed into 4 events every meet due to the fact that we are limited in the number of heats we can run in certain events.

4. Can my swimmer(s) compete if they cannot stay for the entire meet?

If a swimmer will arrive late or needs to leave early from a meet you must indicate so on the sign-up sheet for the meet that will be posted during practice. It is team policy that swimmers who cannot be present for the entire meet will not be placed into the maximum number of events.

5. Who assigns the events that swimmers are placed in?

The coaching staff makes all decisions regarding event placement.

6. Is it required that swimmers compete in meets?

While we do not have a policy that makes competition mandatory, this is a competitive swim team and participation in meets is an important part of the program. We do encourage swimmers to attend as many meets as possible..